



DEPARTMENT OF THE ARMY
HEADQUARTERS 75TH RANGER REGIMENT
P.O. BOX 55843
FORT BENNING GEORGIA 31905-5843

REPLY TO
ATTENTION OF

AORG-SU-RMED

MEMORANDUM FOR RANGER MEDIC VOLUNTEERS

SUBJECT: Ranger Regiment Medic Volunteer Information Letter

1. PURPOSE. The purpose of this letter is to inform Ranger Medic Volunteers of the standards required in order to pass the Ranger Indoctrination Program (RIP) or the Ranger Orientation Program (ROP).

2. GENERAL.

- a. Prerequisites for a Ranger Medic. The following are prerequisites to be eligible for assessment and selection as a Ranger Medic. Waivers to these prerequisites are approved only by the Regimental Senior Medic and the Regimental Sergeant Major. Waivers are rarely authorized.

- (1) Active duty male in the rank of PVT/E1 through SFC/E7.
- (2) Army MOS 91W Health Care Specialist (Combat Medic). M6 personnel or any other 91W variant MOS are ineligible for assignment to the Regiment and will not be considered.
- (3) Must possess a GT Score of 115 or higher. A waiver is required if under 115.
- (4) Must be a United States citizen and eligible for a SECRET security clearance.
- (5) Must be Airborne qualified or willing to volunteer to attend prior to RIP.
- (6) Must possess a high school diploma or a GED.
- (7) Must meet physical examination requirements IAW AR 40-501 for duty status as an Airborne Ranger.
- (8) Must not be under an UCMJ actions or barred for re-enlistment.
- (9) Must be on a minimum of 4-year enlistment contract or willing to extend/re-enlist to meet 2 years of service upon SOCM graduation.
- (10) Must not have a prior Airborne/Ranger/Special Forces termination or voluntary withdrawal.

b. Ranger Indoctrination Program (RIP). RIP must be completed by all Ranger candidates in the ranks of Pvt (E1) through SPC (E4) in order to be assigned to the 75th Ranger Regiment. Each candidate is required to complete the following events:

(1) A score of 70% or higher on all events of the APFT in the 17-21 age group, in addition to 6 chin-ups. One retest is given, and/or option to recycle. Once you are accepted into the Regiment, you will be required to maintain 80% in your age group in all events on every APFT or be released from the unit.

(2) The 5-Mile run must be completed in formation in 40 minutes (plus or minus 15 seconds). Pace-per-mile may vary from 7:45/mile to 8:15/mile. One retest is given and/or option to recycle.

(3) Must complete three (3) cadre-led 12-Mile road marches in 3 hours or less. Pace-per-mile may vary from 14:30/mile to 15:30/mile. The road march must be completed in formation with a 45 lb rucksack and weapon. Individuals may finish no further than 10 meters behind the last man in formation. One retest is given and/or option to recycle.

(4) The Combat Water Survival Test (CWST) must be completed with all designated equipment except weapon. If the individual drops the weapons during the 15 meter swim, the equipment removal or the 3 meter drop, he will be graded a GO and designated a weak swimmer. One retest is given.

(5) Academic Standards. 70% is the minimum passing score on all written exams and quizzes. Ranger candidates will be trained to standard during remedial and school-of-the-soldier training time. Results of all academic evaluations are forwarded to the receiving unit's CSM.

c. Ranger Orientation Program (ROP). ROP must be completed by all Ranger candidates in the ranks of SGT (E5) and higher in order to be assigned to the 75th Ranger Regiment. Each candidate is required to complete the following events:

(1) A score of 80% or higher on all events of the APFT for the individual's age group, in addition to 6 chin-ups. One retest is given, and/or option to recycle. Once you are accepted into the Regiment, all personnel are required to maintain 80% in all events on every APFT or be released from the unit.

(2) The 5-Mile run must be completed in 40 minutes (plus or minus 15 seconds). One retest is given and/or option to recycle.

(3) Medics (along with combat arms NCO's) must complete a 12-Mile road march in 3 hours or less. Pace-per-mile may vary from 14:30/mile to 15:30/mile. The road march must be completed with a 45 lb rucksack and weapon. One retest is given and/or option to recycle.

(4) The Combat Water Survival Test (CWST) must be completed with all designated equipment except weapon. If the individual drops the weapons during the 15 meter swim, the equipment removal or the 3 meter drop, he will be graded a GO and designated a weak swimmer. One retest is given.

(5) Academic Standards. 70% is the minimum passing score on all written exams and quizzes. Results of all academic evaluations are forwarded to the receiving unit's CSM. ROP candidates receive training and familiarization in the following key tasks: Regimental Standards, Airborne Refresher, Advanced MOUT, weapons familiarization, communications familiarization, fire support orientation, fast rope training, force protection, and the Ranger Physical Training Program.

(6) ROP candidates undergo a psychological assessment by the USASOC Psychologist, undergo evaluation on leader oriented tasks, and must receive successful recommendation from the RASP Board interview.

c. Reasons for Release from RIP or ROP.

- (1) Failure to meet minimum standards (70%) on the APFT.
- (2) Failure to successfully complete 4 chin-ups in conjunction with the APFT.
- (3) Failure to complete 5-Mile run in 40 minutes.
- (4) Failure to complete the 15 meter swim of the CWST.
- (5) Failure to complete the road marches in formation with 45 lb rucksack in the designated time.
- (6) Failure to adhere the Ranger Standards or Ranger Creed.

d. All incoming medical personnel will attend the Special Operations Combat Medic Course (SOCM) at the Joint Special Operations Medical Training Center at Fort Bragg, NC prior to being assigned to a Ranger Unit. This is an extremely demanding academic medical course that is 27 weeks in length. Upon completion, a graduate will be USSOCOM State Emergency Medical Technician-Paramedic certified and will have completed a 1-month tour in a major city trauma center and a 3 week block of special operations military medicine. This course is Phase I of the 18D Special Forces Medic Sergeant Course and is designed for Ranger Medics, Navy SEAL Corpsman, and USAF Pararescuemen. Failure to complete the SOCM course will result in being dropped from Ranger assignment. Personnel coming from AIT and Airborne school will be placed in student transient status until the next available SOCM class. Personnel recruited from other active duty units, will complete ROP and return to their previous unit until the next available SOCM course. This is a PCS school. Following RIP/ROP, you will PCS to Fort Bragg to attend the course and upon completion be assigned to a Ranger unit. Failure to complete the course may result in the soldier being returned to previously assigned unit or assigned IAW the needs of the Army. We only want the best medics. Graduates will carry the additional skill identifier "W1" (SOCM) for the rest of their career.

3. ENCLOSURES.

a. Enclosed is a 5-week physical fitness program that may be used to prepare you for successfully passing Ranger Standards.

b. Enclosed is the Ranger Creed. This is the creed and lifestyle of a Ranger while in garrison, training, or combat. You will be required to learn and recite it during RIP/ROP. You will be required to live by it in the Regiment.

4. CONCLUSION.

a. You have volunteered for one of the most elite units in the U.S. Armed Forces. Always remember that we want only the best. Push yourself to be the very best.

b. There will be times when you will feel tired, worn-out, and hungry. Do not ever let it get you down; eventually it will end. You must be mentally and physically strong to complete Ranger training. Deep down, it is simply whether you have the heart to fight and win.

c. Never quit! Quitting never accomplishes anything except being a quitter. If you fail an event, try again as many times as you can. Failing and quitting are not the same thing.

d. Candidates are very strongly encouraged to physically train themselves prior to reporting to the Ranger Training Detachment. At a minimum, you should test yourself on all physical events to see where you stand and what you need to work on.

e. Ranger Medics are expected to be the best in the Army. You will undergo some of the best medical training offered today. You will not be able to do that outside of the special operations community

f. Ranger Standards are the same for everyone in the Regiment. All MOS fields are required to pass the same standards in order to be accepted into the Regiment. Everyone trains together and for the same mission.

5. Keep working on being the best. The Ranger Regiment needs the best soldiers in the Army. Do not let anybody convince you that life is easier in the normal Army. It may be easier, but not half as rewarding or challenging.

6. Point-of-Contact at the Ranger Regiment is the Regimental Senior Medic.

RANGERS LEAD THE WAY!

Encls

1. PT Program
2. Ranger Creed
3. Application Checklist
3. Questionnaire

H.R. MONTGOMERY
MSG, USA
Regimental Senior Medic

ADDRESS:

Commander
HQ, 75th Ranger Regiment
AORG-SU (RMED)
Fort Benning, GA 31905-5843

E-Mail: montgomj@soc.mil

PHONE:

Commercial (706)545-5766
DSN 835-5766/4545
FAX (706)545-5830
Pager (706)317-8001
TDY Pager:
1-800-443-7243
#061-390

Ranger Creed

Recognizing that I volunteered as a Ranger, fully knowing the hazards of my chosen profession, I will always endeavor to uphold the prestige, honor, and high “esprit de corps” of my Ranger Regiment.

Acknowledging the fact that a Ranger is a more elite soldier who arrives at the cutting edge of battle by land, sea, or air, I accept the fact that as a Ranger my country expects me to move further, faster and fight harder than any other soldier.

Never shall I fail my comrades. I will always keep myself mentally alert, physically strong, and morally straight, and I will shoulder more than my share of the task, whatever it may be, one hundred percent and then some.

Gallantly will I show the world that I am a specially selected and well-trained soldier. My courtesy to superior officers, neatness of dress and care of equipment shall set the example for others to follow.

Energetically will I meet the enemies of my country. I shall defeat them on the field of battle for I am better trained and will fight with all my might. Surrender is not a Ranger word. I will never leave a fallen comrade to fall into the hands of the enemy, and under no circumstances will I ever embarrass my country.

Readily will I display the intestinal fortitude required to fight on to the Ranger objective and complete the mission, though I be the lone survivor.

RANGERS LEAD THE WAY!



**75th Ranger Regiment
Ranger Medic Application
For AIT Students**

CHECKLIST

NAME (L,F,MI) _____

SSN: _____ **Unit** _____

The following items are required for submission of Ranger Medic Application:

- _____ DA4187 Personnel Action (See Example)
- _____ Current Airborne Physical Examination
- _____ DA705 Army Physical Fitness Test Record
- _____ Volunteer Letter

If applicable:

- _____ GT Score Waiver Memorandum
- _____ Color Vision Waiver Memorandum

Submit your packet to your drill sergeant.

Drill sergeants are to submit packets to the Battalion PAC and/or the Student Personnel Center.

Fax a copy to the Regimental Senior Medic at (706)545-5830 / 5762.

PERSONNEL ACTION

For use of this form, see AR 600-8-6 and DA PAM 600-8-21; the proponent agency is ODCSPER

DATA REQUIRED BY THE PRIVACY ACT OF 1974

AUTHORITY: Title 5, Section 3012; Title 10, USC, E.O. 9397.

PRINCIPAL PURPOSE: Used by soldier in accordance with DA PAM 600-8-21 when requesting a personnel action on his/her own behalf (*Section III*).

ROUTINE USES: To initiate the processing of a personnel action being requested by the soldier.

DISCLOSURE: Voluntary. Failure to provide social security number may result in a delay or error in processing of the request for personnel action.

1. THRU (*Include ZIP Code*)
HRBC
TSP
FT SAM HOUSTON, TX 78234

2. TO (*Include ZIP Code*)

3. FROM (*Include ZIP Code*)
COMMANDER
CO, 232 MED BN
FT SAM HOUSTON, TX 78234

SECTION I - PERSONAL IDENTIFICATION

4. NAME (*Last, First, MI*)

5. GRADE OR RANK/PMOS/AOC

6. SOCIAL SECURITY NUMBER

SECTION II - DUTY STATUS CHANGE (AR 600-8-6)

7. The above soldier's duty status is changed from _____ to _____ effective _____ hours, _____ 19 _____

SECTION III - REQUEST FOR PERSONNEL ACTION

8. I request the following action: (*Check as appropriate*)

<input type="checkbox"/> Service School (<i>Enl only</i>)	<input type="checkbox"/> Special Forces Training/Assignment	<input type="checkbox"/> Identification Card
<input type="checkbox"/> ROTC or Reserve Component Duty	<input type="checkbox"/> On-the-Job Training (<i>Enl only</i>)	<input type="checkbox"/> Identification Tags
<input type="checkbox"/> Volunteering For Oversea Service	<input type="checkbox"/> Retesting in Army Personnel Tests	<input type="checkbox"/> Separate Rations
<input type="checkbox"/> Ranger Training	<input type="checkbox"/> Reassignment Married Army Couples	<input type="checkbox"/> Leave - Excess/Advance/Outside CONUS
<input type="checkbox"/> Reassignment Extreme Family Problems	<input type="checkbox"/> Reclassification	<input type="checkbox"/> Change of Name/SSN/DOB
<input type="checkbox"/> Exchange Reassignment (<i>Enl only</i>)	<input type="checkbox"/> Officer Candidate School	<input checked="" type="checkbox"/> Other (<i>Specify</i>) RANGER ASSIGNMENT
<input type="checkbox"/> Airborne Training	<input type="checkbox"/> Asgmt of Pers with Exceptional Family Members	

9. SIGNATURE OF SOLDIER (*When required*)

10. DATE

SECTION IV - REMARKS (Applies to Sections II, III, and V) (Continue on separate sheet)

- Request assignment to the 75th Ranger Regiment.
- I volunteer for Airborne training as a prerequisite to Ranger assignment (if not already on Airborne enlistment option). I understand that failure to complete Airborne training will release me from Ranger assignment and I will be reassigned as based on the needs of the Army.
- I understand that I will undergo the Ranger Assessment and Selection Program (RASP) by attending the Ranger Indoctrination Program (RIP) at Ft Benning, GA prior to being assigned to the 75th Ranger Regiment. I understand that failure to complete RIP will release me from Ranger assignment and I will be reassigned as based on the needs of the Army.
- I understand that I will attend the Special Operations Combat Medic (SOCM) course at the Joint Special Operations Medical Training Center (JSOMTC) at Ft Bragg, NC after completion of RIP and prior to my assignment to a Ranger unit. I understand that failure to complete SOCM will release me from Ranger assignment and I will be reassigned as based on the needs of the Army. I understand that once assigned to the Regiment, I will complete a minimum tour of two(2) years.
- I understand that by volunteering for Ranger duty, I negate any enlistment contracts that include hometown recruiting or station-of-choice.

2 Encls Ranger Volunteer Statement, Airborne-approved Physical Examination, and DA705 Record Army Physical Fitness Test

SECTION V - CERTIFICATION/APPROVAL/DISAPPROVAL

11. I certify that the duty status change (*Section II*) or that the request for personnel action (*Section III*) contained herein -

☐ HAS BEEN VERIFIED ☐ RECOMMEND APPROVAL ☐ RECOMMEND DISAPPROVAL ☐ IS APPROVED ☐ IS DISAPPROVED

12. COMMANDER/AUTHORIZED REPRESENTATIVE

13. SIGNATURE

14. DATE



DEPARTMENT OF THE ARMY
HEADQUARTERS 75TH RANGER REGIMENT
P.O. BOX 55843
FORT BENNING GEORGIA 31905-5843

REPLY TO
ATTENTION OF

AORG-SU-RMED

ROSTER# _____
GRAD DATE _____
COMPANY _____

VOLUNTEER STATEMENT (91W)

VOLUNTEER: _____
LAST FIRST M.I. SSN

1. I hereby volunteer for Ranger training and assignment, in accordance with DA Pamphlet 351-4. The following information is provided:

- a. PMOS _____
- b. Component _____
- c. Are you a U.S. citizen? _____
- d. Class number _____

2. I consider that I am in excellent physical condition, and will maintain this condition, and will maintain this condition when reporting for the Ranger assignment.

3. My current period of assignment (ETS) expires _____. Upon approval of this application, I understand that I will be required to extend my enlistment or reenlistment in accordance with AR 601-280 before departure, if I cannot meet the time remaining in the service requirement.

4. I volunteer to perform frequent aircraft flights, parachute jumps, and to participate in realistic training, while undergoing airborne training and/or performing airborne duty.

5. I realize that by volunteering for a Ranger assignment, I am waiving my enlistment commitment made at the time of my enlistment. I realize and fully understand that should I terminate or be disqualified for any reason, I will be subject for worldwide assignment in accordance with the needs of the United States Army, for the full term of service for which I enlisted. _____ (**initial**)

6. I realize that upon completion of the Ranger Assessment and Selection program, I will attend the Special Operations Combat Medic Course (SOCMC) at the Joint Special Operations Medical Training Center at Fort Bragg, NC. I understand that failure to complete the SOCM course will result in my release from Ranger obligation and I will be assigned IAW the needs of the Army.

WITNESS:

Signature Date

Rank, Branch

SSN

H.R. MONTGOMERY
MSG, USA
75th Ranger Regiment RMED



DEPARTMENT OF THE ARMY
HEADQUARTERS, 232ND MEDICAL BATTALION
ACADEMY OF HEALTH SCIENCES
FORT SAM HOUSTON, TX 78234

REPLY TO
ATTENTION OF

DATE _____

MEMORANDUM FOR COMMANDER, 75TH RANGER REGIMENT,
ATTN: SR MEDIC, 6400 1ST INFANTRY BRIGADE LOOP,
FORT BENNING, GEORGIA 31905-5843

SUBJECT: Request for Waiver of GT Score for Ranger Medic
Volunteer Application

1. The following soldier, currently assigned to ____ Co, 232nd Medical Battalion, has GT Score of _____. This does not meet the prerequisites for volunteering to be a Ranger Medic.

NAME (L,F,MI)

SSN

Class

2. This soldier currently has a grade-point-average of _____% in his AIT classes.
3. This soldier passed the National Registry EMT-Basic exam with a score of _____.
4. This soldier performs adequately and demonstrates a high level of motivation as regarded by drill instructors.
5. Request a waiver for a GT Score below 110 based on this soldiers performance.
6. POC is _____ at DSN 471-_____.

CPT, _____
Commanding



DEPARTMENT OF THE ARMY
HEADQUARTERS, 232ND MEDICAL BATTALION
ACADEMY OF HEALTH SCIENCES
FORT SAM HOUSTON, TX 78234

REPLY TO
ATTENTION OF

DATE _____

MEMORANDUM FOR COMMANDER, 75TH RANGER REGIMENT,
ATTN: SR MEDIC, 6400 1ST INFANTRY BRIGADE LOOP,
FORT BENNING, GEORGIA 31905-5843

SUBJECT: Request for Waiver of Color Vision for Ranger Medic
Volunteer Application

1. The following soldier, currently assigned to ____ Co, 232nd Medical Battalion, has tested negative for color vision capability. This does not meet the prerequisites for volunteering to be a Ranger Medic.

NAME (L,F,MI)

SSN

Class

- _____
2. This soldier has uncorrected vision of ____/____ and corrected vision of ____/____.
 3. This soldier performs adequately and demonstrates a high level of motivation as regarded by drill instructors.
 4. Request a waiver for a color vision IAW AR 40-501 based on this soldiers general performance and other abilities.
 5. POC is _____ at DSN 471-_____.

CPT, _____
Commanding

SUGGESTED

PRE-RIP PHYSICAL TRAINING

WEEK 1:

- DAY 1:** See what you can do. Do the very best that you can do. See how you feel at the end of the day.
APFT (maximum performance in all events) (add 6 pull-ups to the P.T. Test)
100-meter swim nonstop (any stroke, do not swim on your back or touch the bottom or sides)
3-Mile Road March in 45 minutes with 30-pound rucksack. (march along road, wear well broken-in boots with thick socks)
- DAY 2:**
- (a) Three sets of sit-ups (maximum performance in 30 second periods)
 - (b) 3-Mile Run (moderate 8-9 minute mile pace)
 - (c) Three sets of crunches or flutter kicks. (20 repetitions per set)
- DAY 3:**
- (a) Three sets of push-ups (maximum performance in 30 second period)
 - (b) Rope climb or 3 sets of pull-ups (as many as you can do)
 - (c) 4-Mile Road March in 1 hour.
- DAY 4:**
- (a) 200-meter swim OR run 2 miles
 - (b) Three sets of sit-ups (maximum performance in 35 second periods)
 - (c) Three sets of crunches or flutter kicks. (20 repetitions per set)
- DAY 5:**
- (a) Three sets of push-ups (maximum performance in 35 second period)
 - (b) Rope climb or three sets of pull-ups (as many as you can do)
 - (c) 5-Mile Road March in 1 hour, 15 minutes.

WEEK 2:

- DAY 1:**
- (a) Three sets of push-ups (maximum performance in 35 seconds)
 - (b) Three sets of pull-ups
 - (c) 4-Mile Run in 32 minutes
- DAY 2:**
- (a) Four sets of sit-ups (maximum performance in 35 seconds)
 - (b) Four sets of crunches and flutter kicks (20 repetitions per set)
 - (c) 200-meter swim
- DAY 3:**
- (a) Three sets of push-ups (maximum performance in 40 seconds)
 - (b) Three sets of pull-ups
 - (c) 5-Mile Road March in 1 hour, 15 minutes
- DAY 4:**
- (a) Four sets of sit-ups (maximum performance in 40 seconds)
 - (b) Four sets of crunches and flutter kicks (20 repetitions per set)
 - (c) Three sets of squats with 35-pound rucksack. Go down only to the point that the upper and lower leg form a 90 degree bend at the knee.
- DAY 5:**
- (a) Four sets of push-ups (maximum performance in 45 seconds)
 - (b) Three sets of pull-ups
 - (c) 5-Mile Run in 42 minutes

WEEK 3:

- DAY 1:**
- (a) Four sets of push-ups (maximum performance in 45 seconds)
 - (b) Rope climb or 4 sets of pull-ups
 - (c) Fast 3-Mile Run (6 to 7 minute pace) in 22 minutes
- DAY 2:**
- (a) Four sets of sit-ups (maximum performance in 45 seconds)
 - (b) Four sets of crunches and flutter-kicks (20 repetitions per set)
 - (c) Four sets of squats with 35-pound rucksack
- DAY 3:**
- (a) Four sets of push-ups (maximum performance in 50 seconds)
 - (b) Four sets of pull-ups
 - (c) 4-Mile Run (8 minute pace) in 32 minutes
- DAY 4:**
- (a) Four sets of sit-ups (maximum performance in 50 seconds)
 - (b) Four sets of crunches and flutter kicks (25 repetitions per set)
 - (c) 200-meter swim
- DAY 5:**
- (a) Four sets of push-ups (maximum performance in 50 seconds)
 - (b) Four sets of pull-ups
 - (c) 6-Mile Road March in 1 hour, 30 minutes

WEEK 4:**DAY 1:**

- (a) Four sets of push-ups (maximum performance in 50 seconds)
- (b) Rope-climb or four sets of pull-ups
- (c) 2-Mile Run (fast) (under 14 minutes)

DAY 2:

- (a) Four sets of sit-ups (maximum performance in 50 seconds)
- (b) Four sets of crunches and flutter kicks (25 repetitions per set)
- (c) 200-meter swim

DAY 3:

- (a) Four sets of push-ups (maximum performance in 55 seconds)
- (b) Four sets of pull-ups
- (c) 8-Mile Road March in 2 hours

DAY 4:

- (a) Four sets of sit-ups (maximum performance in 55 seconds)
- (b) Four sets of crunches and flutter kicks (30 repetitions per set)
- (c) Four sets of squats with 50-pound rucksack

DAY 5:

- (a) Four sets of push-ups (maximum performance in 1 minute)
- (b) Four sets of pull-ups
- (c) 5-Mile Run in 40 minutes

WEEK 5:**DAY 1:**

- (a) Four sets of push-ups (maximum performance in 1 minute)
- (b) Four sets of pull-ups
- (c) 4-Mile Run in 32 minutes

DAY 2:

- (a) Four sets of sit-ups (maximum performance in 1 minute)
- (b) Four sets of crunches and flutter kicks (30 repetitions per set)
- (c) 200-meter swim

DAY 3:

- (a) Five sets of push-ups (maximum performance in 1 minute)
- (b) Four sets of pull-ups
- (c) 3-Mile fast Run (under 21 minutes)

DAY 4:

- (a) Five sets of sit-ups (maximum performance in 1 minute)
- (b) Four sets of crunches and flutter kicks (35 repetitions per set)
- (c) Four sets of squats with 50-pound rucksack

DAY 5:

- (a) Five sets of push-ups (maximum performance in 1 minute)
- (b) Four sets of pull-ups
- (c) 10-Mile Road March in 2 hours, 30 minutes

WEEK 6:**DAY 1: (APFT)**

- (a) Maximum number of push-ups in 2 minutes
- (b) Maximum number of sit-ups in 2 minutes
- (c) At least 6 pull-ups
- (d) 2-Mile Run (best possible time)

DAY 2:

12-Mile Road March in 3 hours

DAY 3:

5-Mile Run in under 40 minutes